

## INFORMATION FOR OLDER ADULTS AND PEOPLE WITH SEVERE CHRONIC MEDICAL CONDITIONS

Early data suggests older people (60+) are twice as likely to have a serious COVID-19 illness. In addition, those with compromised immune systems, and people with certain underlying health conditions like heart disease, lung disease and diabetes, for example, also seem to be at greater risk of serious illness.

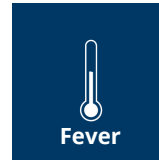
### WHAT IS COVID-19?

Coronavirus Disease 2019 (COVID-19) is a respiratory virus that is spreading worldwide, and was first identified in December 2019.

The Long Beach Health Department is closely monitoring the situation and taking steps to keep Long Beach safe.

### WHAT ARE THE SYMPTOMS?

Current symptoms reported have included mild to severe respiratory illness with fever, cough, and difficulty breathing.



### HOW IS IT TRANSMITTED?



Close personal contact, such as touching and shaking hands



Droplets while coughing and sneezing



Touching your eyes, nose, and mouth with unwashed hands

### WAYS TO STAY HEALTHY

- Wash your hands with soap and water often for at least 20 seconds
- Avoid touching eyes, nose, and mouth with unwashed hands
- Avoid contact with people who are sick
- Cover your cough or sneeze with a tissue and throw the tissue in the trash
- Stay home if you are sick
- Clean and disinfect frequently touched objects and surfaces

### I FEEL ILL, WHAT DO I DO?

If you are experiencing fever, cough or shortness of breath call your doctor first. They will provide you with next step instructions. If it is a life threatening emergency, then call 911.

### IF YOU ARE AT GREATER RISK OF ILLNESS, THE CDC RECOMMENDS THAT YOU:



Medication

Make sure you have access to several weeks of medications, food and supplies, in case you need to stay home.

**Many pharmacies offer delivery for medication.**



Avoid Crowds

Avoid crowds, especially in poorly ventilated spaces.



Stay Home

Stay home as much as possible.



Limit exposure, & wash hands

When you do go out, keep away from others who are sick, limit exposure, and wash hands frequently.